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# ontario peaches

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*Prepared by:*

Ontario Food Council

Ontario Ministry of Agriculture and Food

Toronto, Ontario

## FROM THE ORCHARDS OF ONTARIO

Each year from late July through September, thousands of tons of fresh peaches are picked from Ontario orchards. The warm humid climate, moderated by the waters of Lake Ontario and Lake Erie, and deep sandy loam near the lakes are ideal for growing peaches. The Niagara fruit belt and the counties of Essex, Kent, and Norfolk produce some of the finest peaches in the world.

### Freestone or Clingstone?

The main crop of Ontario peaches are freestone varieties. Superior flavor and texture make freestone peaches excellent for eating fresh. They retain their fresh flavor in processing, home canning and freezing. Clingstone peaches, with a firm flesh that clings tightly to the pit, are grown in limited amounts and are used for processing, mainly into baby foods and fruit cocktail. Fresh clingstone peaches are imported, as are canned cling halves and slices. These peaches have firm smooth flesh, but are lacking in flavor when compared to freestone peaches.

### Semi-Clingstone Peaches

The first Ontario peaches of the season (from late July to early August) are called "semi-cling" peaches. Sweet flavored, they are best eaten fresh, as soft flesh that clings to the stone makes them unsuitable for home canning or freezing. Familiar varieties are the Erlyvee, Earlired, Royalvee, and Sunhaven.

## Freestone Peaches

The arrival at market of the Redhaven variety about mid-August marks the beginning of the freestone peaches. All varieties harvested after the Redhaven are freestone peaches, with flesh that separates cleanly from the peach pit. Freestone peaches are excellent for eating fresh, and are generally suitable for home canning and freezing. If a freestone peach clings to the pit it is underripe. As it matures, it becomes more freestone.

## Grading Peaches

Canada No. 1 Grade peaches must be of one size and variety, well formed, uniformly mature, and free from insects and disease. Bruises and marks have strict narrow limits, and diameter must meet that specified for the variety (generally two inches).

Peaches are picked and graded when *mature*, but not when fully ripe. Peaches picked at full ripeness have excellent flavor, but are too soft to withstand transportation and handling. Such tree-ripened peaches are available at roadside stands near orchards.

## Peach Picking

### ***Don't pinch a peach!***

Judge ripeness by "ground color". Look for a creamy yellow color behind the blush and at the stem end. Rosy blush alone does not promise a mature sweet peach.

Buy peaches that are firm-ripe but not hard. Avoid any with a green tinge in the ground color as these peaches were immature when harvested, and shrivel, rather than ripen after picking.

## Home Storage

**Handle carefully! Peaches bruise easily.**

If peaches are underripe, keep uncovered at room temperature, but *not* in direct sunlight. Refrigerate when fully mature. If peaches are fully ripe, store uncovered in the refrigerator. Sort carefully — spoilage spreads rapidly. Use within 3 to 5 days.

## Canning Peaches

Choose almost any freestone peach. Jubilee, Envoy, Valiant, Loring, Veteran, Early Elberta, and Redskin are recommended.

Choose firm ripe peaches. Halve, but do not slice, for best shape retention. For further notes on canning peaches, consult the Ontario Ministry of Agriculture and Food Publication 468, *Canning Ontario's Fruits and Vegetables*.

## Low in Calories . . . High in Vitamin A

Fresh peaches are a delicious addition to any diet, and an excellent choice for the weight watcher. One fresh peach contains about 40 calories. Fresh peaches are an excellent source of vitamin A.

Canned or frozen peaches are excellent low calorie desserts throughout the year. Two peach halves canned in syrup and two tablespoons juice contain only 78 calories, and contribute over 500 units of vitamin A.

## Freezing Peaches

For freezing, select firm ripe peaches in prime condition. Avoid underripe or overripe peaches, as only good quality fruit will produce a satisfactory frozen product. Do not freeze early, semi-cling peaches. Redhaven peaches, usually available mid-August to end of August, generally give excellent results. For unfamiliar varieties or late season varieties, freeze a small trial lot and defrost the following day to test for good results, as all varieties do not freeze equally well.

Work quickly with small amounts. To remove skins easily, dip in boiling water  $\frac{1}{2}$  to 1 minute, then in cold water. Peel, halve, and slice directly into prepared syrup or sugar.

*Syrup Pack* - Dissolve  $2\frac{2}{3}$  cup sugar in 4 cups water. Chill well. Add  $\frac{1}{4}$  teaspoon (800 milligrams) ascorbic acid just before using. Cover slices with syrup.

*Dry Sugar Pack* - Sprinkle 4 cups sliced peaches with  $\frac{1}{4}$  teaspoon ascorbic acid dissolved in 2 tablespoons cold water. Gently mix with  $\frac{2}{3}$  cup sugar.

Freezing peaches without sugar is not recommended because sugar or syrup is necessary to preserve color and texture. For diabetic or sugar-reduced diets, can peaches using a waterpack rather than freeze without sugar.

To use frozen peaches, thaw them slowly in the unopened container in the refrigerator or under cold running water. Serve as a fresh dessert, with a few ice crystals remaining in the slices, or in a favorite dessert recipe.

## Weights and Measures

- 1 lb peaches — about 3 medium peaches
- 6 quart basket — about 8 pounds
- 3 medium peaches (1 lb)
  - about 2 cups slices
- 6 medium peaches (4 cups sliced)
  - one 9-inch pie
- 1 14-ounce can — 7 to 9 peach halves

*For easy peeling, dip fresh peaches into  
boiling water for 30 to 60 seconds.*

*To prevent browning, sprinkle cut peaches with lemon juice.*

## EXTRA SPECIALS

### Peach Alaska

4 egg whites  
1/4 tsp cream of tartar  
1/4 tsp salt  
1/2 cup sugar  
1/3 cup blanched, chopped almonds  
4 peach halves  
raspberry jam or red currant jelly  
(optional)  
4 scoops peach or vanilla ice cream

Beat egg whites until foamy, add cream of tartar and salt. Continue beating, gradually adding sugar, until stiff peaks form. Fold in almonds.

Cut a thin slice from the bottom of each peach half. Place on a buttered foil-covered board (dull side of foil out.) Place a small amount of jelly in peach center if desired. Fill centers with scoops of ice cream. Cover the entire surface of ice cream and peach with meringue, leaving no open spaces between the foil-covered board and the peach. Bake at 500° for 3 minutes, until delicately brown. Serve immediately on chilled plates. Makes 4 servings.

*Note: Peach Alaskas may be prepared and frozen about one hour before serving. Bake in a preheated oven just before serving.*

## Peach Melba

- 1 package (15 oz) frozen raspberries, thawed
- 1/2 cup red currant jelly
- 6 to 8 scoops vanilla ice cream
- 6 to 8 peach halves
- Toasted slivered almonds - optional

Puree raspberries and strain through a sieve to remove seeds. Heat raspberries with currant jelly; cool. Place a scoop of ice cream in a sherbet glass, top with a peach half, and cover with raspberry sauce. Sprinkle with almonds. Make 6 to 8 servings.

## Apricot Flamed Peaches

- 5 tbsp butter
- 1 tsp grated orange rind
- 6 peaches, peeled and halved
- 2 tbsp sugar
- 1 tbsp lemon juice
- 3 oz apricot brandy or other fruit brandy

Melt butter in a chafing dish or skillet, add orange rind and peaches. Cook peaches for about 5 minutes, turning and basting frequently. Sprinkle with sugar and lemon juice; continue cooking until lightly glazed, about 2 minutes. Sprinkle brandy over peaches and ignite. Spoon the flaming syrup over peaches until the flames subside. Serve in champagne or sherbet glasses. Makes 6 servings.

## Easy Peach Trifle

1 raspberry jelly roll (about 10 oz or spongecake or pound cake)  
1/3 cup sweet sherry or orange juice  
1 package (3 1/2 oz) vanilla pudding mix  
2 1/2 cups milk  
2 tsp sweet sherry  
2 cups peach slices  
3 tbsp sugar  
1 cup whipping cream  
2 tbsp confectioners sugar  
1/2 cup toasted slivered almonds

Thinly slice jelly roll about 1/4 inch thick or break cake into cubes; sprinkle with sherry; set aside. Prepare pudding mix according to package directions using 2 1/2 cups milk. Cool the pudding, stirring occasionally; stir in 2 tablespoons sherry. Sprinkle peaches with sugar. Set aside. Whip cream; sweeten with confectioners sugar.

Line a clear glass bowl with jelly roll slices. (If cake is used, place half of cubes in bowl.) Add layers of half the peach slices, half the pudding mix, and half the whipped cream. Repeat layers using remaining jelly roll or cake, peaches, and pudding mix. For top layer, mound whipped cream over the trifle and sprinkle with almonds. Makes 10 to 12 servings.

## Peach Flan

### *Flan Base:*

2 eggs  
1/2 cup sugar  
1/2 tsp almond flavoring  
1/2 cup butter, melted and cooled  
1/4 cup milk  
1 1/2 cups flour  
2 tsp baking powder

Beat eggs; gradually add sugar, beating until light and creamy. Beat in almond flavoring, melted butter, and milk. Sift flour and baking powder into mixture; beat in on low speed to blend thoroughly. Pour into a greased 10 inch flan pan. Bake at 350° for 25 minutes. Cool in pan. Invert on serving plate.

### *Peach Filling and Glaze:*

10 to 12 peaches, peeled, sliced in eighths  
1/2 cup sugar  
1/3 cup port wine or sweet sherry  
1/3 cup water  
1 tbsp cornstarch  
2 tbsp red currant jelly

Combine sugar, wine, and water; heat just to boiling. Add peach slices, reduce heat and simmer 3 to 5 minutes. Refrigerate overnight. A few hours before serving, drain liquid from peaches into a saucepan. Add cornstarch and jelly. Bring to boil, stirring constantly; boil 1 minute. Remove from heat; chill. Arrange peaches in flan shell in concentric circles of overlapping slices, or mound peach slices into the shell, heaping in the center. Spoon the cooled glaze over peaches. Chill until served. Makes 8 to 10 servings.

## Brandyed Peach Crepes

### Crepes:

1 cup sifted all-purpose flour  
1 tbsp icing sugar  
 $\frac{1}{8}$  tsp salt  
3 eggs  
1 cup milk  
1 tbsp brandy  
butter

Sift together flour, icing sugar, and salt. Beat eggs until blended; add milk and brandy. Add egg mixture to dry ingredients beating until very smooth.

Heat a heavy 5-inch frypan and grease lightly with butter. Lift off heat and add 2 tbsp batter. Quickly tilt the pan to spread batter evenly over bottom of pan. Return to heat, and brown crepe on each side (about 1 minute). Place on waxed paper. Makes 16 to 18 crepes. May be frozen.

### Cream Filling:

1 package (8-oz) cream cheese  
2 tbsp light cream  
2 tbsp sugar  
2 tsp grated orange rind

Combine cheese, cream and sugar in saucepan. Heat until the mixture is of spreading consistency. Add orange rind. Place a spoonful of filling on each crepe. Roll up by folding over edges of crepe.

### Peach Sauce:

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{2}$  cup sifted icing sugar  
2 cups sliced peaches  
2 tbsp brandy - optional

In chafing dish or skillet, heat butter, juice and icing sugar. Add crepes and peach slices. Heat through. To flame, warm brandy and ignite; pour flaming over crepes and peaches. Makes 6 servings (3 crepes each).

## FAMILY FAVORITES

### Peach Creme Squares

1 1/3 cups graham wafer crumbs  
1/3 cup brown sugar, lightly packed  
1/3 cup butter, melted  
3/4 cup milk  
1 package (3 1/4 oz) vanilla instant  
pudding mix  
1 pint peach or vanilla ice cream, softened  
2 tsp grated orange rind  
4 tsp cornstarch  
1/3 cup sugar  
3/4 cup orange juice  
1/4 cup lemon juice  
1 1/2 cups sliced peaches

Combine crumbs, brown sugar, and butter. Press into an 8-inch-square pan. Chill. Combine milk, pudding mix, ice cream, and orange rind. Pour over crust. Chill until set.

Combine cornstarch, sugar, orange juice and lemon juice. Bring to boil; reduce heat and cook, stirring constantly, for 3 to 5 minutes. Remove from heat and cool. Arrange peach slices on filling. Spoon on cooled thickened glaze. Chill until set. Cut into squares to serve. Makes 8 servings.

### Peach-Blueberry Compote

1/4 cup water  
2 tbsp lemon juice  
1/3 cup dry sherry or orange juice  
1/2 cup brown sugar, firmly packed  
1/8 tsp nutmeg  
1 tsp vanilla  
2 cups sliced fresh peaches  
1 cup fresh blueberries

Combine water, lemon juice, sherry, sugar and nutmeg. Bring to boil; reduce heat and simmer 5 minutes. Stir in vanilla. Pour hot sauce over fruit. Chill. Makes 4 to 6 servings.

## Peach Crisp

5 cups sliced peaches  
2 tsp lemon juice  
1/4 cup sugar  
1/4 tsp cinnamon

### *Old Fashioned Crumb Topping:*

1 cup brown sugar, lightly packed  
3/4 cup all-purpose flour  
3/4 cup rolled oats  
1 tsp cinnamon  
1/2 cup butter

### *Cheese Crumble Topping:*

1 cup sifted all-purpose flour  
1/3 cup brown sugar  
1/2 cup grated medium cheddar or  
processed cheese  
1/4 cup soft butter

Arrange peaches in buttered 8-in-square pan or 1 1/2-quart baking dish. Sprinkle with lemon juice, sugar, and cinnamon. For topping, combine dry ingredients and cut in butter until crumbly. Spread mixture over peaches. Bake at 350° for 25 to 30 minutes. Serve warm with whipped cream, table cream, or ice cream. Makes 6 servings.

## FROM THE PIE PANTRY

### Peach Chiffon Pie

One 9-in pie shell, baked and cooled  
1 1/4 cups diced peaches  
2 tbsp sugar  
1/4 cup orange juice (approximately)  
2 tsp unflavored gelatin  
2 tbsp cold water  
4 egg yolks  
1/2 cup whipping cream, whipped  
4 egg whites  
1/3 cup fruit sugar  
1/4 tsp salt  
sliced peaches for garnish

Sprinkle peaches with sugar; let stand 10 minutes. Drain syrup (about 1/4 cup); add orange juice to make 1/2 cup.

Soak gelatin in cold water for 5 minutes. Combine egg yolks and syrup. Cook over simmering water until thickened. Remove from heat; add gelatin and stir until dissolved. Fold in peaches. Cool slightly; fold in whipped cream.

Beat egg whites until frothy. Gradually add sugar and salt, beating until stiff peaks form. Fold into peach mixture in two portions. Chill until mixture piles. Pour into pie shell; chill until firm, about 4 hours. Garnish with fresh sliced peaches.

## Fresh Peach Pie

Pastry for 9-in 2-crust pie  
4 cups sliced peaches  
2 tsp lemon juice  
1/2 cup white sugar  
1/4 cup brown sugar  
1/4 tsp nutmeg  
1/4 tsp cinnamon  
1/8 tsp salt  
2 tbsp tapioca or cornstarch  
1 tbsp butter

Place peach slices in pastry shell, heaping fruit in center of pie. Sprinkle with lemon juice. Combine sugars, nutmeg, cinnamon, salt and tapioca; sprinkle over peaches. Dot with butter. Top with pastry, slash or prick top, flute edge. Bake at 450° for 12 minutes, reduce heat to 350° and continue baking for 25 minutes.

## Deep Dish Peach Pie

Pastry for one single-crust pie  
6 cups sliced fresh peaches  
1 cup sugar  
2 tbsp tapioca or cornstarch  
1 1/2 tsp grated orange rind  
1/4 tsp salt  
1 tbsp butter

Gently toss peach slices with a mixture of sugar, tapioca, orange rind and salt. Place in an 8 x 8 x 2 inch square or 8-inch-round baking dish or 1 1/2-quart casserole. Dot with butter. Top with pastry; prick or slash top. Bake at 425° for 35 minutes.

## Peach Sparkle Pie

1 1/3 cups graham wafer crumbs  
1/3 cup brown sugar, lightly packed  
1/3 cup butter, melted  
1/4 cup lemon juice  
1 1/4 cups orange juice  
1 1/4 cups sugar  
1/8 tsp salt  
1 1/2 tbsp unflavored gelatin  
1/4 cup cold water  
4 cups fresh sliced peaches  
1 cup whipping cream, whipped and sweetened  
fresh mint leaves - optional

Combine graham wafer crumbs, brown sugar, and butter. Press into a 9-inch pie shell. Chill.

Combine lemon juice, orange juice, sugar and salt in saucepan. Bring to boil, reduce heat and simmer 10 minutes. Soak gelatin in cold water for 5 minutes; add to hot syrup and stir until gelatin dissolves. Pour over peaches and stir gently to coat slices. Chill until slightly thick. Pour into chilled pie shell. Chill until firm. Garnish with whipped cream and fresh mint leaves. (For best results, make and serve the same day.)

## Sour Cream Peach Pie

Pastry for 9-in single-crust pie

### *Filling:*

- 1 cup sour cream
- $\frac{1}{4}$  tsp cloves
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp grated lemon rind
- 2 tsp flour
- 2 eggs, beaten
- 1 cup sugar
- 3 cups sliced peaches

### *Topping:*

- $\frac{1}{2}$  cup dark brown sugar (lightly packed)
- $\frac{1}{4}$  cup firm butter
- $\frac{1}{3}$  cup all-purpose flour
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  cup chopped pecans or walnuts

Blend sour cream, cinnamon, cloves, lemon rind and flour. Add eggs and sugar. Place sliced peaches in pastry shell. Pour filling over slices to fill pie shell. Combine topping ingredients and sprinkle evenly over pie. Bake at 450° for 12 minutes; reduce oven temperature to 325° and continue baking for 40 to 45 minutes. (To test for doneness, a knife inserted halfway between center and edge will come out clean.)

## MAIN COURSE SPECIALS

### Polynesian-Style Pork

3 peaches  
1 tbsp sugar  
1 lb boneless pork butt, cut in thin slices across the grain  
1/2 cup flour  
1/2 tsp salt  
dash pepper  
2 tbsp butter  
2 tbsp oil  
1 large onion, separated into rings  
1 green pepper, cut in strips  
1 cup beef bouillon  
1 tbsp soy sauce  
3 tbsp vinegar  
1 tbsp cornstarch  
2 tomatoes, peeled and cut in sixths

Peel and slice peaches; sprinkle with sugar and set aside. Dredge pork with mixture of flour, salt and pepper. Brown in butter and oil. Cover and cook slowly 10 minutes. Remove meat from pan. Drain excess fat from pan; add onion and green pepper and sauté until onion is transparent. Combine bouillon, soy sauce, vinegar and cornstarch. Add to pan and cook until thick and clear. Add pork, tomatoes and peaches. Heat through and serve with rice. Makes 4 servings.

## Peaches and Squash

2 cups sliced peaches  
1/4 cup sugar  
1/4 cup orange juice (approximately)  
1 tsp cornstarch  
3 whole cloves  
1 tbsp butter  
6 rings (1/2 in thick) cooked butternut or  
acorn squash  
or  
3 medium sweet potatoes, cooked, cut in  
1/2 in rings  
1 tbsp brown sugar  
crumbled bacon

Combine peaches and sugar; let stand 1 hour. Drain syrup and add orange juice to make 3/4 cup liquid. Combine juice, cornstarch, and cloves. Bring to boil, reduce heat and simmer 3 to 5 minutes. Remove cloves. Stir in butter and peach slices. Pour over squash or sweet potatoes in an 8-in-square baking dish. Sprinkle with brown sugar. Bake at 375° for 10 minutes. Makes 6 servings.

## Chicken Fruit Curry

4 medium peaches  
2 cups cubed, cooked chicken  
1 cup cut and seeded grapes  
1 1/2 cups diced celery  
2 tbsp diced green pepper  
1/2 cup mayonnaise  
1/4 cup whipping cream  
1 tsp curry powder  
1 tbsp chutney, chopped  
1/4 tsp salt  
watercress or parsley

Peel and dice peaches; toss with chicken, grapes, celery and green pepper. Thin mayonnaise with whipping cream; stir in curry powder, chutney and salt. Pour dressing over chicken and fruit mixture. Toss together and chill. Garnish with watercress or parsley. Makes 4 servings.

## Puffy Peach Pancake

$\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  tsp cinnamon  
 $\frac{1}{4}$  tsp nutmeg  
3 peaches, sliced  
 $\frac{1}{3}$  cup all-purpose flour  
 $\frac{1}{2}$  tsp baking powder  
dash salt  
4 egg yolks  
 $\frac{1}{3}$  cup milk  
4 egg whites  
 $\frac{1}{3}$  cup sugar

Preheat oven to 400°.

Melt butter in a large skillet. Combine sugar, cinnamon and nutmeg; sprinkle evenly over butter. Arrange peach slices over sugar-spice mixture. Cook slowly for 2 minutes.

Combine flour, baking powder and salt with egg yolks and milk. Beat egg whites until foamy; gradually add sugar, beating until soft peaks form. Fold into batter; pour over peach slices, spreading evenly to edge of skillet. Bake at 400° for 15 to 20 minutes or until golden and puffy.

Remove from oven, loosen edges with spatula. To remove from pan, invert a flat round plate over skillet, then invert both and lift off skillet. Cut into wedges and serve with sour cream or ice cream, bacon, sausage or slices of ham for brunch or lunch. Makes 2 to 4 servings.

## Golden Chicken and Peaches

2 whole chicken breasts, halved  
1/2 cup flour  
1/2 tsp salt  
dash pepper  
2 tbsp oil  
2 tbsp butter  
1/4 cup onion, finely chopped  
1/2 cup celery, diagonally sliced  
1 cup orange juice  
1/4 cup sweet sherry  
1/2 cup water  
1 chicken bouillon cube  
1/4 tsp salt  
1/2 tsp curry powder  
1/4 tsp turmeric  
1 tsp tarragon (optional)  
4 peaches, sliced, lightly sugared  
1 tbsp cornstarch - optional

Dredge chicken in mixture of flour, salt and pepper. Brown in butter and oil. Remove from pan; drain excess fat from pan. Sauté onion and celery until onion is transparent. Combine orange juice, sherry, water, bouillon cube, salt, and spices. Add to pan and bring to boil. Place chicken in baking dish and pour hot sauce over all. Bake uncovered at 350° for 45 to 60 minutes. Spoon peaches over chicken breasts in last 10 minutes of baking. Baste with sauce occasionally. If desired, thicken sauce with cornstarch mixed with a small amount of water just before serving.  
Makes 4 servings.

## GO WITHS

### Minted Peaches

4 peaches, halved  
1/4 cup water  
1/4 cup sugar  
1/2 cup vinegar  
1/3 cup fresh mint (chopped) or  
1 1/2 tsp dried mint

Combine ingredients and simmer 5 to 7 minutes. (Tie mint in spice bag.) Drain peaches, and serve hot or cold with lamb, poultry, or pork.

To preserve: Pour hot peaches into hot sterilized jars; seal.

### Peach Chili

6 peaches  
14 medium tomatoes  
6 pears, peeled and diced coarsely  
4 medium onions, chopped  
1 sweet red pepper, cut in thin strips  
2 tbsp whole pickling spice  
3 1/2 cups brown sugar, firmly packed  
2 cups cider vinegar  
1 tbsp salt

Peel peaches and tomatoes. Chop coarsely, let stand while preparing other fruits, then drain off liquid. Tie pickling spice loosely in a cheesecloth. Combine all ingredients in a large saucepan. Bring to a boil, reduce heat and simmer, stirring occasionally for 3 hours or until thick. Remove spice bag. Seal in hot sterilized jars. Makes 6 to 8 pints. Goes great with a cold meat platter.

## Fresh Fruit Relish

6 tart apples  
3 sweet red peppers  
20 ripe tomatoes  
6 peaches  
6 pears  
6 medium onions  
3 green peppers  
1 large bunch celery  
4 cups sugar  
2 tbsp salt  
1 qt vinegar  
1/2 cup mixed pickling spice

Wash and peel fruits and vegetables. Core apples. Remove seeds from peppers. Coarsely dice all fruits and vegetables. Dissolve sugar and salt in vinegar, and pour over chopped mixture. Tie spices in a muslin bag add to mixture. Bring to a boil, reduce heat and simmer gently for 2 to 3 hours, stirring occasionally. Remove spice bag, and pour relish into hot sterilized jars. Makes about 10 pints. Goes great with buffets or barbecues.

## Peach Jam

4 cups finely diced peaches  
1/4 cup lemon juice  
1/2 tsp allspice  
7 1/2 cups sugar  
1 bottle liquid fruit pectin

Combine peaches, lemon juice, allspice and sugar in a large saucepan. Bring to a full rolling boil over high heat; boil hard one minute, stirring constantly. Remove from heat; stir in pectin at once. Skim off foam. Stir and skim for 5 minutes to cool slightly. Ladle into glasses, and cover with 1/8-inch hot paraffin. Makes 11 medium glasses (5 1/2 lb jam).

To make *Spiced Peach Jam*, add 1/2 to 1 teaspoon each cinnamon, cloves, and allspice.

## Peach-Cherry Ring

1 can (14 oz) pitted tart cherries  
1/2 cup sugar  
2 envelopes unflavored gelatin  
1/2 tsp salt  
1/2 cup lemon juice  
1 can (10 oz) ginger ale  
1 1/4 cups diced peaches

Drain cherries and reserve syrup. Add water to syrup to make 1 1/4 cups. Combine sugar, gelatin, salt, and syrup in saucepan. Cook and stir over medium heat until gelatin dissolves. Add lemon juice. Cool. Slowly add ginger ale, stirring gently. Chill until partially set; fold in cherries and peaches. Turn into a 6-cup ring mold. Chill until firm, 6 hours or overnight. Serve as a salad or dessert with Sherry Dressing. Makes 8 to 10 servings.

### *Sherry Dressing:*

1 egg lightly beaten  
1/4 cup sugar  
1/4 cup sherry  
dash salt  
2 tsp butter  
juice of 1/2 orange  
juice of 1/2 lemon  
1/4 cup whipping cream, whipped

Combine all ingredients except whipping cream in the top of a double boiler. Stir over boiling water until thick. Chill. Fold in whipped cream just before serving.

## Peachy Shake

1½ cups peach slices  
1½ tbsp lemon juice  
2 tbsp honey  
1 pt vanilla ice cream, cut into chunks

Place in blender container. Cover and blend on high speed until smooth and thick. Pour into tall glasses. Makes 3 to 4 servings.

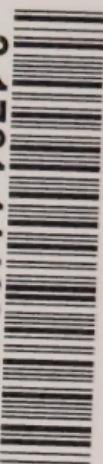
## Peach Yogurt Cooler

1 cup sliced peaches  
1 cup yogurt, plain, raspberry or orange-flavored  
1 cup skim or whole milk  
sugar to taste

Whirl in blender until smooth, or force peaches through a sieve and blend with yogurt and milk. Makes 3 cups.



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